



## THE PLATEAU

*has it got you down??*

My apologies, but there might be a bit of repetition with other pages, however this is a reminder. Sometimes we get so caught up in just doing something we forget what we are doing, and there may be simple reasons why you are stuck on the plateau. This will help you find it.

Don't become despondent, remember bodies must adjust and equalise... it's a natural response. Don't expect the second half to come off as easily as the first. Be patient and reap the rewards.

If you are insulin resistant, you may find you need to drop your carb levels to 20-25g per day. It is a good idea to become familiar with carb levels of different foodstuffs, so although I don't recommend paranoia, a carb counter app can be a good idea for a short period. I recommend Myfitnesspal. This will give you a better knowledge of how much is in what.

Are you in KETOSIS? If you are not sure of your Ketosis status and you really want to know, go to your pharmacist and get Ketosticks. It requires urine and you match up the colours, very simple, but please don't become obsessed, or you might as well be back counting calories.

In order to maintain Ketosis, and effective quick weight loss, stick to the Green list food items, and keep carbs to 20-30g Carbs per day. Remember, you may think that you declined the potato and the rice, but most likely the Goulash was carb loaded with thickener and sugar based spices and flavorings. We are all unique, so you need to learn your body's threshold of carb intake, however that will come with time. Be patient ... stay in Ketosis ... loose the weight ... then test your threshold.

If you reach a PLATEAU and are struggling to break through it, then look at this:

- Try cutting your protein down further but replace with more fat for energy, for example have a smaller steak with more herb butter. Try measure by the palm and thickness of your hand.
- Watch your carb intake and try keeping a food diary. A good idea is magnetic pads on the fridge door; whenever your hand reaches in, scribble it down.
- Hidden Carbs find their way in unintentionally, check your labels closely and try getting back to basics.
- Cut the nuts and dairy, woman especially can be very sensitive to these.
- How much alcohol are you consuming? Maybe the little has become a lot.
- Check your sweeteners are you taking the right ones.
- Try assessing the period between meals. Being in ketosis should all but eliminate cravings and snacking, so watch you haven't crept back into a habit of grabbing a handful of nuts as you walk past, in so doing your meals will no longer be at the optimum of 5-8hrs apart.
- Look at your fats, if snacking is creeping back then, up your fat intake. With that being said remember, everything is about moderation. This is not about calorie counting, however, Banting is not a free license to stuff yourself!

- Also when snacking try indulge on savory and not sweet snacks, like nut butters, biltong, olives and other fatty options, keep it infrequent. The idea is to break the habit and not make it a grey area in the rulebook.
- Have you taken your weight and cm measurements? You may find you may not be losing kg's but you are losing cm's. Your body is reorganizing, sometimes that doesn't reflect on the scale.
- Stay hydrated; drink yourself to your optimum weight. Water processes fat through a process called hydrolysis, if you are not consuming enough this process is inhibited.
- It is always advised to weigh in once a week, however in order to ascertain your response to certain foods, look to weigh every second day. If you going up and down. Look at your food diary, there must be a trigger.
- A good sound sleep is compulsory, sleep gives your body a chance to regulate and if you don't get enough sleep you will find your appetite increases during the following day.
- Stress produces the cortisol hormone and cortisol encourages fat storage and water retention. Think about your response to cortisone pills?
- Is your thyroid under stimulated? Hyperthyroidism can be tested and a supplement taken, however a toxic thyroid can give same results and Banting will minimize those effects with time, so consider carefully.
- Estrogen - Are you going through menopause? As a woman, if it's your time, then your estrogen levels will be dropping and this naturally causes weight gain. As a man, beware that less estrogen can do a similar thing often resulting in the affectionately phrased 'moobs' and decreased muscle mass. You can both get hormone replacements, but rather commit to Banting and feed yourself those supplements.
- Watch out for medications - cortisone, steroids, antidepressants, birth control pills and many others will limit or prolong your weight loss. Read the inserts and speak to your doctor. Be careful and always consult your doctors before making any bold changes.
- Are you exercising too much or not enough? Exercise is not pivotal to weight loss, however the feel good hormones it releases are important. Running endlessly round the track also doesn't help, it only increases your appetite. Watch your measurements when considering your exercise regime and this will tell you more accurately if you are losing. Remember muscles weigh more than fat.